



# Dairy-Free Butternut Soup

## ingredients

- 1kg butternut cubed
- 3 Tbsp olive oil
- 2 cups vegetable/chicken stock
- 1 large carrot, peeled & chopped
- 1 green apple, peeled & chopped
- 1 red bell pepper, seeded & chopped
- 1 onion, diced
- 1 stalk celery, chopped
- 1 Tbsp garlic
- Salt to taste
- Pepper to taste
- paprika (optional)
- 2 X 400ml unsweetened coconut milk

## directions

- In a large pot over medium-high heat, sauté olive oil, butternut squash, carrot, apple, bell pepper, garlic, onion, and celery for 3-4 minutes until the onions are translucent.
- Add stock, salt and pepper, and smoked paprika (if using) and bring to a boil. Cook for 5-10 minutes over medium heat until veggies and squash are very tender.
- Stir in the coconut milk, then blend until smooth and creamy.
- Top as desired.